

## ABSTRACT

5 The optical information recording medium of the present invention includes a plurality of information layers provided on a substrate and an optical separating layer provided between information layer adjacent to each other, and information is recorded or reproduced by irradiation of a laser beam. When an information layer that is provided closest to a laser beam incident side of the plurality of information layers is taken as a first information layer and an optical separating layer provided in contact with the first information layer is taken as a first optical separating layer, then the first information layer comprises a recording layer, a transmittance adjusting layer that adjusts a transmittance of the first information layer, and a low refractive index layer provided between the transmittance adjusting layer and the first optical separating layer.

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